



1 HOUSE RESOLUTION

2 WHEREAS, Cholesterol is an important part of a healthy body
3 because it is used to form cell membranes, some hormones, and
4 is needed for other functions; and

5 WHEREAS, A high level of cholesterol in the blood is a
6 major risk factor for coronary heart disease, which leads to a
7 heart attack; and

8 WHEREAS, The Expert Panel on Detection, Evaluation, and
9 Treatment of High Blood Cholesterol in Adults recommends that
10 everyone age 20 and older have a fasting "lipoprotein profile"
11 every five years; and

12 WHEREAS, This test gives information about total
13 cholesterol, low-density lipoprotein (LDL) or "bad"
14 cholesterol, high-density lipoprotein (HDL) or "good"
15 cholesterol, and triglycerides (blood fats); and

16 WHEREAS, There are no symptoms to high cholesterol; it can
17 only be detected by a cholesterol test; and

18 WHEREAS, Treatment goals have been recommended by the
19 National Cholesterol Education Program (NCEP); and

20 WHEREAS, There are three main ways to fight high
21 cholesterol or "get to goal": diet, exercise, and when
22 appropriate, medication; and

23 WHEREAS, The only way to manage cholesterol is to know the
24 goals and track progress; therefore, be it

25 RESOLVED, BY THE HOUSE OF REPRESENTATIVES OF THE
26 NINETY-FOURTH GENERAL ASSEMBLY OF THE STATE OF ILLINOIS, that
27 we recognize the importance of "getting to goal" for

1 cardiovascular health, and we encourage our citizens to have
2 their cholesterol tested and to "get to goal".